



BATH AREA FAMILY YMCA



BATH AREA FAMILY YMCA, 303 Centre St., Bath
LANDING YMCA, 24 Venture Ave., Brunswick



A SPLASH OF CONFIDENCE



BATH AREA FAMILY Y: (207) 443-4112
LANDING Y: (207) 844-2801

www.bathymca.org



 @bathymca

 @BathAreaFamilyY

 @bathareafamilyy

FALL-WINTER-SPRING 2019-20 PROGRAM GUIDE

ONE COMMUNITY... TWO FACILITIES

Bath Area Family YMCA

303 Centre St. Bath, ME 04530
(207) 443-4112

Our Hours

Monday-Friday: 5 a.m. to 9 p.m.
Saturday: 7 a.m. to 3 p.m.*
Sunday: 9 a.m. to 1 p.m.*

*Hours will extend November 2019.

Landing YMCA

24 Venture Ave., Brunswick, ME 04011
(207) 844-2801

Our Hours

Monday-Thursday: 6 a.m. to 7:30 p.m.
Friday: 6 a.m. to 5 p.m.*
Saturday: 8 a.m. to Noon*
Sunday: CLOSED

*Hours will extend November 2019.

Our Facilities	Bath Area Family YMCA	Landing YMCA
Aerobics Room	X	X
Basketball Courts	X	X
Child Watch	X	X
Climbing Wall	X	
Gymnastics Area	X	
Hot Tub	X	
Indoor Track	X	
Instructional/Therapy Pool	X	
Locker Rooms (Adult & Youth)	X	X
Locker Rooms (Family)	X	
Multi-Purpose Room	X	X
Racquetball Courts	X	X
Sauna	X	X
Strength Center	X	X
Yoga Room		X
25 Yard, 8-Lane Lap Pool	X	

MEMBERSHIP

Membership at the Bath Area Family YMCA and Landing YMCA includes the use of both facilities! As a member, you have access to FREE fitness classes, reduced program fees, and special events. You also have access to our **Nationwide Membership Program**, which enables you to visit any participating YMCA in the United States at no additional cost!

Ask us about financial assistance! We strive to serve our entire community, regardless of ability to pay. We do this by providing need-based financial assistance, made possible through the generous support of individuals, businesses, and organizations in the area.

For more information, contact membership@bathymca.org.



PRESCHOOL GYMNASTICS

Children will be introduced to all gymnastics equipment in a structured manner. For 2-3 year-olds, parents must be present and stay with the child during class. For 4-5 year-olds, parent involvement is encouraged but not required.

Session: Any

Class 1: Mondays, 4:30-5:30 p.m.

Class 2: Wednesdays, 11 a.m. to Noon **NEW!**

Class 3: Saturdays, 10-11 a.m. **NEW!**

Ages: 2-5 y/o

Fee: Members \$85, Community \$115

YOUTH GYMNASTICS

Budding gymnasts or those with a casual interest in the sport will enjoy this class. Basic gymnastics skills will be taught.

Session: Any

Class 1: Tuesdays, 4:30-5:30 p.m.

Class 2: Thursdays, 4:30-5:30 p.m.

Class 3: Saturdays, 9-10 a.m. **NEW!**

Ages: Grades K-6

Fee: Members \$85, Community \$115

PRE-TEAM

Athletes considering participation in competitive gymnastics will benefit from this class. Compulsory team skills will be taught. The goal is for the gymnast to compete the following season for the Y's Gymnastics Team.

Session: Any

Class: Wednesdays & Fridays, 4:30-5:30 p.m.

Ages: All Ages

Fee: Members \$85/1x a week or \$115/2x a week
Community \$115/1x a week or \$145/2x a week

STRUCTURED OPEN GYMNASTICS

Adults and gymnastics team members of all levels are welcome to practice gymnastics skills on all apparatus. This opportunity is great for CrossFit, parkour, and ninja warrior enthusiasts as well as new, current, and former gymnasts. Participants will set and work toward their athletic goals.

Session: Any

Class: Fridays, 5:30-7:30 p.m. **NEW!**

Ages: Adults & Team Members

Fee: Members 6 visits for \$90, Community 6 visits for \$120

COMPETITIVE GYMNASTICS TEAM

Proficient gymnasts ready to commit to a full year of gymnastics, including at least two practices each week and competitions beginning in December, will enjoy this team experience. Please speak to the gymnastics coaches to determine whether your child's skill level makes him or her eligible. Our mandatory team meeting will take place on **Thursday, September 12 at 6 p.m.** Our season will run from September 16 through May 15.

Class: Mondays-Thursday, 5:30-8 p.m.

Ages: All Ages

Fee: \$1,210 2x a week

\$1,320 3x a week

\$1,375 4x a week

Membership Required

PRIVATE GYMNASTICS LESSONS

Our coaches can help with perfecting routines, working new skills, and more. 30-minute lessons can be scheduled by appointment. Private lesson forms are available at the front desk and must be submitted prior to scheduling.

Ages: 6-Adults

Fee: Members \$30, Community \$50

Please register early as classes may fill up.

Appropriate Attire: Leotard and fitted shorts or form-fitting t-shirt and shorts. No skirts or footed tights.

QUESTIONS? Contact Program Director Joe MacMahan at joe@bathymca.org or Coach Kym Granger at kym@bathymca.org.



LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

PARENT & CHILD: Stage A & B

This class is designed for infants and toddlers with a parent. Classes are designed to allow the child to have fun in the water while learning aquatic skills with the guidance of a parent.

Session: Any

Day & Time: Visit bathymca.org.

Ages: 6 months-3 y/o

Fee: Members \$50, Community \$66

PRESCHOOL: Stage 1 & 2

Children ages 3-5 will learn about personal water safety and achieve basic swimming competency by learning benchmark skills. Games and fun are built into this early learning experience.

Session: Any

Day & Time: Visit bathymca.org.

Ages: 3-5 y/o

Fee: Members \$60, Community \$74

SCHOOL AGE: Stage 2, 3, & 4

Children ages 5-12 will continue to learn additional water safety skills as well as benchmark skills that include stroke introduction, floating, sequencing front glides, rolls, back floats, jumps, pushes, and turns.

Session: Any

Day & Time: Visit bathymca.org.

Ages: 5-12 y/o

Fee: Members \$64, Community \$85

SNAIL DARTERS

This pre-team program is for children ages 5-6 who want to experience what it is like to be on a competitive swim team. Run by the coaches of Long Reach Swim Club, swimmers will be coached all four strokes, with introductions to starts, turns, and racing. The coaches will require a brief tryout before joining.

Session 1: October 23-November 27

Session 2: January 15-February 19

Day & Time: Wednesdays, 5:30-6 p.m.

Fee: \$150 per session

LRSC SWIM TEAM

Competitive strokes, endurance, skills, and fun are the focus of our successful swim team. An informal tryout is mandatory for new or interested swimmers before acceptance onto the team. This ensures that new participants have the fundamental skills required for a happy and successful experience. The team competes in both YMCA and USA Swim Leagues. National YMCA Competitive Swimming rules require all team members to maintain an **active Y membership** in order to participate. Swimmers involved in a fall sport are encouraged to try out or sign up in September to ensure their spot on the team. The coach will determine to which practice a swimmer belongs. A parent meeting will take place on **Friday, September 6**. Swim team season begins **September 23**.

PRIVATE SWIM LESSONS

Our instructors can help you overcome apprehension, improve technique, and assist in developing a plan for endurance swimming. Lessons are 30 minutes and scheduled by appointment.

Session: Any

Ages: 6 y/o-Adult

Fee: Members & Community \$45/30 Min | \$120/3 30-minute lessons

**SAFETY AROUND THE WATER
APRIL VACATION SWIM LESSONS**

Teaching children how to be safe around the water is not a luxury; it is a necessity. Essential water safety skills can open up a world of possibilities for children to satisfy their curiosity safely. Over the week, your child will gain confidence in and around the water, reducing their risk of drowning.

Session: April 2020, Dates TBA

Ages: 5-12 y/o

Fee: Members & Community \$45

QUESTIONS about swim lessons?

Contact Aquatics Director

Andrea Moskevitz at andrea@bathymca.org.

**A PRACTICE
(13-18 Y/O)**

Monday-Friday
3:15-4:30 p.m.
Fee: \$750

**B PRACTICE
(11-14 Y/O)**

Mon. & Fri. | 4:15-5:15 p.m.
Tue, Wed., Thurs. | 6-7 p.m.
Fee: \$700

**C PRACTICE
(9-12 Y/O)**

Tue., Wed., Thurs.
4:30-5:15 p.m.
Fee: \$550

**D PRACTICE
(8 & YOUNGER)**

Tues. & Thurs.
5:15-6 p.m.
Fee: \$500

QUESTIONS about swim team? Contact Coach Jay Morissette at lrs@bathymca.org.

YOUTH DEVELOPMENT ► Child Care ► Bath & Brunswick

Our Child Care programs offer opportunities for children to interact in a nurturing environment. We focus on learning through the developmental areas of cognitive, social-emotional, language, and physical development using “play” as the focal point for all learning. Our goal is to create an environment that nurtures, encourages respect, promotes self-esteem and trust, and fosters positive relationships. **REGISTER** by picking up a registration packet at the front desk.



ENRICHMENT PROGRAM (Preschoolers)

The Y’s Enrichment Program is an all-inclusive, child-centered program that has received accreditation through the National Association for the Education of Young Childcare (NAEYC). Using The Creative Curriculum as a framework, teachers design learning opportunities to support young children’s interests and learning. A typical day is structured with individual and group activities, free and structured play time, and ample outdoor play time. Swim lessons, gymnastics classes, story telling, yoga, Zumba, and music are also incorporated into weekly activities. **Available only in Bath.**

Ages: 3-5 y/o

Time: 6:30 a.m. to 5:30 p.m. (full & half day options available)

QUESTIONS? Contact Enrichment Director Annie Colaluca at annie@bathymca.org.

Y-CARE BEFORE & AFTER SCHOOL PROGRAM (School Age Students)

This program gives children an opportunity to interact with peers in a school setting, experiment with art, enjoy a nutritious snack, participate in directed after-school activities, and engage in physical activity both inside and outside. Please note that for your convenience, Y staff will facilitate coordination with extra-curricular programs located at each school.

Time: AM (6:30 a.m. to start of school) & PM (end of school to 5:30 p.m.)

Brunswick School District: Coffin School & Harriet Beecher Stowe (bussing provided to Coffin for HBS students)

RSU1 School District: Dike-Newell School, Fisher-Mitchell School, Woolwich Central School

QUESTIONS? Contact Youth & Family Director Lorrie Cardwell-Panfil at lorrie@bathymca.org.

All billing questions should be directed to jacqueline@bathymca.org.

YOUTH DEVELOPMENT ► Education & Leadership ► Midcoast



WHAT IS THE FREEDOM TOUR? The Freedom Tour is an educational journey for eighth grade students, designed as an integrated approach to teaching history and effectively contributing as citizens. This program is available for Mid Coast area middle schools including RSU1, Brunswick, and SAD75.

WHERE DO WE GO? New York City Neighborhoods - Ellis Island Lower East Side Tenement Tour - Independence Park in Philadelphia - Amish Country - Lincoln, Washington, Roosevelt Presidential - Memorials & Monuments - Vietnam, Korean, WWII, & Iwo Jima War Memorials United States Holocaust Memorial Museum Smithsonian Gettysburg National Park - Arlington National Cemetery - Pentagon Memorial Rockefeller Center - Ground Zero - Apollo Theater

Learn more and view photo blogs from past trips by visiting www.bathymca.org.

QUESTIONS? Contact Deb Young at deb@bathymca.org.

Basketball

3-6 GRADE BOYS & GIRLS BASKETBALL

Boys and girls are placed on teams and will participate in practices and games each week. Good sportsmanship, team play, individual skill development, and above all, FUN will be emphasized! 5/6 grade boys & girls games will take place at the Landing YMCA on Saturday mornings.

Session: Practices start late November 2019

Day & Time: TBA

Fee: Members & Community \$50

Sign Up Deadline: November 16

BASKETBALL CLINICS

(MANDATORY for league players)

Days & Times: TBA

Fee: FREE for league players

All youth basketball programs must be registered through the Bath Recreation Department.
Call (207) 443-8360 for more information.

Climbing Wall

Our 24-foot indoor climbing wall is available for use during open climbing times and also available for private rentals and parties. Children under 10 must be accompanied by an adult.

Climbing Hours:

Tuesdays & Fridays, 4-7 p.m. & *Sundays, 11 a.m. to 1 p.m.

***Winter months only.**

Fee: Members FREE, Community Youth \$5, Community Adults \$12

QUESTIONS? Contact Program Director Joe MacMahan at joe@bathymca.org.
More information on a climbing wall certification or a waiver can be found at bathymca.org.

Stimulate lifelong learning by taking group or private music lessons at the Bath or Landing YMCA.

Piano, guitar, string, and voice lessons are available for all ages and abilities.

GROUP LESSONS

A group lesson is with 2-5 students. Students should schedule lessons with the instructor or at the front desk.

Session: Any

Fee: \$25/30 minutes | \$40/60 minutes

PRIVATE LESSONS

Private lesson options are available for 30, 45, or 60-minute slots. Schedule lessons with the instructor or at the front desk.

Session: Any

Fee: \$35/30 minutes | \$45/45 minutes | \$55/60 minutes



Schedule a lesson with our music instructors!

Asher Barreras (Guitar, Piano, Strings): asher@bathymca.org | Jane Clukey (Piano, Voice): jane@bathymca.org



All classes are FREE for Members or a \$15 drop-in fee for Community Members unless indicated otherwise. Classes are available year-round & may be subject to change. Please go to bathymca.org for any updates.

AQUA EX

This program is what exercise was meant to be: FUN! You won't even know you're working out when you're surrounded by water. This revitalizing hour of aerobic strength and stretch activities will keep you on your toes and on the move.

Day & Time: Mon., Wed., Fri., 11 a.m.-Noon

AQUA YOGA

Aqua Yoga is a gentle and very low impact aquatic activity. This class adapts the principles and movements of yoga to water. With the release of gravity, the body is able to find the optimum stretch. And by using the rhythm of the breath, an inner sense of relaxation can be achieved.

Day & Time: Mondays, 8-9 a.m.

H2O AEROBICS

Join us for an intense, 45-minute workout that includes a variety of activities like dance routines and boxing to keep your workout exciting. Classes will incorporate cardiovascular conditioning, interval training, resistance exercises, and flexibility. Takes place in shallow water.

Day & Time: Thursdays, 7-7:45 p.m.

SPLASH & DASH

Jump start your day and still get to where you need to be on time! This 45-minute class can be used as a standalone program or an addition to your morning lap or exercise routine.

Day & Time: Tuesdays & Thursdays, 7-7:45 a.m.

AQUA STRENGTH & BALANCE

This class uses basic movements and gentle exercises to increase strength and improve overall balance. This class is open to all ages. Swimming skills are not necessary.

Day & Time: Fridays, 8:15-9 a.m.

DEEP WATER AEROBICS

Use aqua-belts and other equipment for a great cardio workout. This class is for all ages and works cardiovascular fitness, muscle strengthening, toning, and flexibility. Give your joints and muscles a break and join in on the deep water fun. Held in the deep-end of the pool.

Day & Time: Tue., Wed., Thurs., 9-9:45 a.m.

MASTERS ORGANIZED WORKOUT GROUP SWIM

Join Pam Torrey, a Maine Masters swimmer, for a fun and challenging group workout. Improve your speed and endurance. Workouts are adapted for swimmers of different abilities and experiences, but all swimmers should be able to swim 1,500 yards comfortably.

Day & Time: Saturdays, 7:30-8:30 a.m.

YMCA AQUA ARTHRITIS PROGRAM (YAAP)

This program provides a steady workout, incorporating movements designed to encourage range of motion and increased flexibility. Our certified National Arthritis Foundation instructors provide a steady workout, combining movements designed to promote functional endurance.

Day & Time:

Tuesdays & Thursdays, 10:45-11:30 a.m.

Tuesdays & Thursdays, 11:30 a.m.-12:15 p.m.

LONG REACH MASTERS SWIM CLUB NEW!

This is an on-deck coached swim program for adults. Our goal is to help you achieve your swimming and fitness goals. Join us for expert coaching, technique instruction, camaraderie, and so much more! U.S. Masters registration required.

Ages: 18 and up

Day & Time: Tuesdays & Thursdays, Noon-1 p.m.

Fee: Members \$40, Community \$80 or \$15 drop-in

SPECIAL OLYMPICS SWIM TEAM

This is a competitive swim program for adults with special needs. Practices are run by a certified Special Olympics swim coach and will focus on developing endurance, technique, and competitive swimming skills. Participants should be able to swim the length of the pool with or without a flotation device.

Swimmers will compete in the regional and state championship meets in the spring.

Session: Begins January 2020

Youth (Ages 6-17): Mondays, 5:15-6 p.m.

Adults (Ages 18+): Wednesdays, 5:15-6 p.m.

Fee: Members & Community FREE

ADULT SWIM LESSONS

Stroke Development: Having mastered the fundamentals, students will learn additional safety skills and build stroke technique.

Day & Time: Visit our bathymca.org.

Ages: 15 and up

Fee: Members \$64, Community \$85

PRIVATE SWIM LESSONS

Our instructors can help you overcome apprehension, improve technique, or assist in developing a plan for endurance swimming. Lessons are 30 minutes and scheduled by appointment.

Ages: 6 y/o to Adult

Fee: Members & Community \$45/30 min | \$120/30-minute lessons

QUESTIONS? Contact Aquatics Director Andrea Moskevitz at andrea@bathymca.org.

Lifeguard Training

LIFEGUARD TRAINING

Our training program provides a comprehensive education centered on preventing accidents in aquatic environments. This course offers up-to-date information on how to lifeguard and take action to help those in danger when necessary. Lifeguard training enables students to learn and apply safety principles in their own lives, develop leadership skills, and improve their decision-making skills.

Ages: 15 and up

Fee: \$325

LIFEGUARD REVIEW & RECERTIFICATION

The American Red Cross requires current lifeguards to participate in a 15-hour re-certification class in order to renew certification.

Day & Time: TBA

Fee: \$150

QUESTIONS? Contact Aquatics Director Andrea Moskevitz at andrea@bathymca.org.

HEALTHY LIVING ▶ Adult Activities ▶ Bath & Landing

Sports & Recreation

ADULT PICK UP BASKETBALL

Bath Y: Monday-Friday, 11:30 a.m.-1 p.m.

Tuesdays, 6:30-9 p.m.

Women's: Wednesdays, 6:30-8:30 p.m.

Landing Y: Not available.

Fee: Members FREE

VOLLEYBALL LEAGUE PREVIEW

Session: September 23-October 28, 2019

Bath Y: Mondays, 6:30 p.m.

Landing Y: Not available.

COMPETITIVE VOLLEYBALL LEAGUE

Bath Y: Mondays, 6-9 p.m.

Round Robin, November 2, 2019

Must be registered by beginning of November

Landing Y: Not available.

Fee: Contact Joe for Team Fee.

RACQUETBALL

Please call ahead at the Bath or Landing YMCA to reserve a court. Hourly time slots are available.

Fee: Members FREE

QUESTIONS? Contact Program Director Joe MacMahan at joe@bathymca.org.

PICKLEBALL

PICKLEBALL

Pickleball is a paddle sport for all ages and all athletic abilities. It's easy to learn and fun to play!

Bath & Landing Y: Check out our pickleball schedule at bathymca.org/schedules or call ahead.

Fee: Members FREE

BEGINNER PICKLEBALL NEW!

Pickleball is one of the most popular activities at the Landing YMCA. We are pleased to offer beginner pickleball clinics this fall. This class will consist of six clinics/lessons that will cover basic pickleball strokes, scoring, dinking, third shots, and FUN! Your instructor is Elizabeth Sylvester, a certified IPTPA.

Session: Starts Thursday, September 12, 2019

Landing Y: Thursdays, Noon-1 p.m.

Fee: Members FREE, Community \$60

PICKLEBALL STRATEGY CLINIC NEW!

This clinic is for intermediate players who understand the game and want to improve their skills. This six-week clinic teaches tethering, dinking, third shots, volleys, lobs, winning shots and finding the open court. This clinic will also combine drills and game play while having fun and improving your skills. Your instructor is Elizabeth Sylvester, a certified IPTPA.

Session: Starts Thursday, September 12, 2019

Landing Y: Thursdays, 8-9 a.m.

Fee: Members FREE, Community \$60



QUESTIONS? Contact Program Coordinator Kevin Shute at kevinshute@bathymca.org.

HEALTHY LIVING



Adult Fitness



Bath & Landing

All classes are FREE for Members or a \$15 drop-in fee for Community Members unless indicated otherwise. Classes are available year-round & may be subject to change. Please go to bathymca.org for any updates.

AEROBIC DANCE & STRENGTH

All level cardio dance routines using simple choreography paired with a core strengthening workout utilizing weights and balls. May be done with or without an aerobic step.

Bath Y: Wednesdays, 8:30-9:25 a.m.

BARRE ABOVE

A fusion of several disciplines, including Pilates & strengthening exercises done by dancers. This low-impact total body workout improves muscular endurance & strength, develops balance & postural alignment while lengthening the body's musculature.

Bath Y: Thursdays, 9-10 a.m.

Landing Y: Tuesdays, 5:30-6:30 p.m.

BARRE

This class features a total body workout using dance bars, which strengthens, lengthens, and stretches the entire body to create a lean physique. Combines dance, Pilates, and yoga. All levels welcome!

Landing Y: Mon., Wed., Fri., 9:30-10:30 a.m.

BASIC STEP & STRENGTH

Easy-to-follow step aerobics class paired with a 15-minute core workout derived from physical therapy. Perfect for beginners!

Bath Y: Fridays, 8:30-9:25 a.m.

CARDIOVASCULAR BOXING

This class will cover the fundamentals of boxing; i.e. wrapping hands, stance, footwork, heavy bag work, speed bag, and more. Each week's workout is a cardiovascular challenge and a learning experience.

Session: Returns this fall

Bath Y: TBA

CRAZY MORNING CIRCUIT

A challenging total body workout that improves muscular endurance & power, utilizing HIIT (high intensity interval training) circuits.

Bath Y: Wednesdays, 5:30-6:30 a.m.

CARDIO & CORE

A workout combo of bodyweight exercises & weights to challenge & strengthen core muscles while incorporating cardio moves.

Bath Y: Mondays, 8:30-9:25 a.m.

CARDIO & CORE & STRENGTH

In this ever-changing format, expect muscular strength & endurance, cardio, core, & agility work designed to improve overall fitness & well-being.

Bath Y: Tuesdays & Thursdays, 9-10:30 a.m.

CYCLING

Fun, low impact cycling workout set to music for all levels of fitness. If new to class, it is recommended you arrive 10 minutes early for your first class so that the instructor can get you set up on your bike.

Bath Y: Tuesdays & Thursdays, 7:30-8:30 a.m.
Evening Classes TBA

ESSENTIAL MOVEZ

A low impact class designed to functionally strengthen the core musculature while improving balance, joint mobility & muscular flexibility. "A jolt of WD-40 for every joint in the body!"

Bath Y: Tuesdays & Thursdays, 8-8:45 a.m.

FUNCTIONAL MOVEMENT

This class is a blend of gentle, dynamic stretches and movements to increase energy level, improve flexibility, and enhance quality of life.

Landing Y: Tuesdays & Thursdays, 12-12:45 p.m.

HEART DANCE

This class is a joyful blend of guided movement sure to make you sweat! Flowing dance moves, free dance, and martial art precision are blended for a unique dance experience.

Bath Y: Wednesdays, 5:15-6:15 p.m.

HIIT

High Intensity Interval Training is an enhanced form of interval training, incorporating short periods of intense anaerobic exercise with less intense recovery periods.

Landing Y: Mon., Wed., Fri., 6:30-7:15 a.m.

JUDO

An Olympic sport & martial art similar to wrestling, with take-downs and holds. The focus of this class will be on learning self-defense skills while boosting strength, cardio fitness & confidence. **This is an extra fee class.**

Bath Y: Tuesdays & Thursdays, 7:45-8:45 p.m.
Sundays, 11 a.m. to 12:45 p.m.*

*Time changes to 1:30-3 p.m. in November

Fee: Members \$48 for 12 classes

KICKBOXING

This group fitness class combines martial arts techniques with fast-paced cardio. This high-energy workout will challenge beginners and elite athletes alike.

Landing Y: Saturdays, 9-10 a.m.

MAIN(E) MUSCLES

Learn different ways to work your muscles! This class includes super sets, dynamic sets, and more. Exercises may also include the use of dumbbells, body weight, and stability balls. This class will include a warm up, pre-stretch and post-stretch.

Landing Y: Tuesdays & Thursdays, 9:30-10:30 a.m.

SILVER FIT 2.0

A complete workout for active older adults utilizing free weights & body weight exercises to improve muscular strength & endurance. Also includes core, balance & flexibility training.

Bath Y: Mon., Wed., Fri., 8-9 a.m.

SILVER FIT 1.0

Similar to Silver Fit 2.0 with a more moderate routine & pace.

Bath Y: Mon., Wed., Fri., 10-11 a.m.

SILVER STRONG

Designed for baby boomers and beyond, this class features exercises and activities geared toward improving strength, balance, and flexibility. Our soundtrack is set to your favorite tunes to get you up and moving. It's a great opportunity to meet new people and socialize with your friends.

Landing Y: Mondays & Wednesdays, 11-11:45 a.m.

POP PILATES

This class is an infusion of ab-chiseling and total body defining movements set to upbeat, popular music. This intense, mat-based workout will challenge you and take classical Pilates to the next level like you've never seen before.

Landing Y: Tuesdays & Thursdays, 8:30-9:30 a.m.
Tuesdays & Thursdays, 5:30-6:30 p.m.

POWER STEP & MORE

Fast-paced, choreographed step aerobics paired with a functional workout focusing on core strength & stability while building muscular endurance & coordination.

Bath Y: Mondays & Wednesdays, 9:30-11:30 a.m.

TOTAL BODY TRAINING

This class blends a variety of movements to give your entire body a great workout! These exercises are performed in intervals to rev up your metabolism and provide a good cardio and strength workout.

Landing Y: Mon., Wed., Fri., 12-12:45 p.m.

ZUMBA

A super fun dance fitness class for all levels. A complete workout of cardio, muscle conditioning & coordination, flexibility & balance. Exercise disguised as a dance party!

Bath Y: Tuesdays, 9-10 a.m.

Fridays, 11 a.m. to Noon

Landing Y: Wednesdays, 5:30-6:30 p.m.

ZUMBA FUSION

Zumba dance fitness class with a little bit of Pound. This fitness drumming workout is designed to boost your cardio while conditioning the entire body.

Something a little different, but super fun!

Bath Y: Thursdays, 6:30-7:30 p.m.

Mindfulness Classes



MINDFUL MOBILITY

This 6-week series is for individuals living with Alzheimer's disease, dementia, or memory challenges and their care partners. This program offers gentle mobility, stretching, balance, and strength training for health and wellness. Screening may be required. Participation is confidential.

Session: Returns this fall

Landing Y: Fridays, 11 a.m. to Noon

Fee: Members FREE, Community \$60

PILATES

A mat exercise routine designed to strengthen deep core muscles while lengthening the body's musculature & improving postural alignment. For all levels.

Bath Y: TBA

Landing Y: TBA

QIGONG

Qigong is an ancient Chinese movement, meditation, and sound healing practice. Qigong is known to improve physical and emotional well-being through guided imagery, meditation, and gentle movement.

Landing Y: Mondays, 9-10 a.m.

SLOW FLOW YOGA

A class that flows from gentle, opening stretches to more invigorating postures. Movement & breath come together to enhance body awareness, inner strength & mindfulness. A restorative phase will close the practice.

Bath Y: Wednesdays, 6:15-7:15 p.m.

T'AI CHI CHUAN

T'ai Chi Chuan is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. It is a highly dynamic, yet relaxed movement that appears simple, fluid, and soft.

Session: Returns this fall

Bath Y: Beginner Class: Mondays, 1:30-2:30 p.m.

Intermediate Class: Mondays, 12:30-1:30 p.m.

Advanced Class: Mondays, 11:30 a.m.-12:30 p.m.

Landing Y: Tuesdays, 7-8 a.m.

AIKIDO

A Japanese martial art founded on self-defense with no emphasis on striking or kicking. This class will focus on body mechanics, centering energy & developing muscle memory.

Bath Y: Tuesdays, 6-8 p.m.

Sundays, 9-11 a.m.*

*Time changes to 9 a.m.-Noon in November

BEGINNER YOGA

Great for first time and advanced yoga students alike, beginner yoga uses yoga poses with straps, blocks, and blankets to improve overall wellness.

Landing Y: Mondays, 5:30-6:30 p.m.

Thursdays, 4-5 p.m.

CHAIR YOGA

Chair yoga is a gentle form of yoga that is practiced on a chair or standing while using a chair as support. This class will help with balance, breathing, strength, flexibility, and overall wellness.

Bath Y: Tuesdays, 11:45 a.m. to 12:30 p.m.

Landing Y: Thursdays, 11 a.m. to Noon

VINYASA FLOW

This invigorating class will have you moving through many poses, allowing the breath to guide the fluidity of the sequence and connecting the mind & body. This is an athletic style of yoga and is appropriate for all levels.

Bath Y: Wednesdays, 7-8 a.m.

VINYASA YOGA

A flow yoga that focuses primarily on breathing & sun salutation variations. It is on the more vigorous end of the yoga spectrum & is a great practice for anyone looking for a physical or mental challenge.

Bath Y: Tuesdays & Thursdays, 10:30-11:30 a.m.

Landing Y: Fridays, 9:30-10:45 a.m.

YIN YOGA

Slow-paced style of yoga where asanas are held for a longer period of time in order to decrease tension deeply engrained in our muscles. Expands flexibility & when combined with focused breathwork, can invigorate energy centers in the body. Great for beginners, perfect for athletes & effective for everyone in between!

Bath Y: Wednesdays, 11:05 a.m. to 12:05 p.m.

YIN/YANG YOGA

This class combines the mindfulness, deep stretching & healing of yin yoga with the strengthening and cardio benefits of yang (vinyasa) yoga, giving you the ultimate yoga workout.

Bath Y: Tuesdays, 6:15-7:15 p.m.

YOGA

A moderate level of yoga practice with a focus on alignment, balance & breathwork while holding classic asanas of the standing, seated & twisting variety. With regular practice, yoga can increase muscular strength & flexibility, quiet the mind, and bring balance to all areas of life.

Bath Y: Mondays, 6-7 p.m.

Thursdays, 5-6 p.m.

Landing Y: Mondays, 4-5:15 p.m.

Wednesdays (Gentle), 9:30-10:45 a.m.

Saturdays (All Levels), 10-11 a.m.

YOGALATES

Yoga and Pilates work together to stretch, strengthen, and reduce stress. Nothing maintains and improves flexibility like yoga, and nothing strengthens the core better than Pilates. Together, they provide a full workout that will leave you relaxed, renewed, and ready to enjoy life.

Bath Y: TBA

Landing Y: TBA

PARKINSON'S PROGRAMS

LSVT "BIG" GRADUATE PROGRAM

This evidence-based exercise program, led by LSVT certified physical therapists from Mid Coast Hospital, is intended for people with Parkinson's Disease who have **graduated from the LSVT program**. This program specifically uses "big" exercises to improve body movement, speed, balance, and quality of life. Ongoing participation will help individuals maintain improvements made during the LSVT program.

Landing Y: Fridays, 11 a.m.-Noon

Fee: Members FREE, Community \$5 Drop-In

EXERCISE FOR PARKINSON'S DISEASE

This program is intended for most people with Parkinson's Disease and does not require participation in the LSVT program. This class is geared specifically toward diminishing the challenges experienced by those with the disease. Individuals with other neurological conditions are also welcome to join the class.

Landing Y: Tuesdays, 11 a.m.-Noon

ROCK STEADY BOXING

This program is for individuals diagnosed with Parkinson's Disease. Classes are directed by Mid Coast Hospital staff, with assistance from Y staff. Research has shown that movements associated with non-contact boxing fitness training has slowed the progress of the disease in some individuals. No boxing experience is required, but a physician's medical release is necessary.

Landing Y: Tuesdays & Thursdays, 1:30-3 p.m.

Saturdays, 10:30 a.m. to Noon

Fee: Members FREE, Community \$60/Month

Please go to www.bathymca.org/schedules for up-to-date schedules.

QUESTIONS about classes?

Contact our Wellness Directors:

Bath Y: Karen Ela at karen@bathymca.org

Landing Y: Angie Shonts at angie@bathymca.org

LIVESTRONG

LIVESTRONG AT THE YMCA

LIVESTRONG at the Y is an evidence-based program that helps adult cancer survivors reclaim their health following a cancer diagnosis. Participation includes two weekly workout sessions to improve strength & physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve overall wellness and quality of life. These sessions are appropriate for individuals at any stage of survivorship: pre-treatment, currently in treatment, post-treatment, and long-term survivorship. The proceeds for this year's Pumpkin Trail Run (October 26, 2019) will go toward supporting our Livestrong program.

Bath Y: TBA

Fee: No-cost, and includes a no-cost family membership with participation in this program.

QUESTIONS? Contact Bath Wellness Director Karen Ela at karen@bathymca.org.

PERSONAL TRAINING

PERSONAL FITNESS TRAINING

Whether your goal is to lose weight, transition from a physical therapy setting, improve athletic performance or simply take your fitness to the next level, our staff of certified personal trainers are ready to design & implement an individualized wellness program specific to your goals. Safe & effective exercise routines are developed using a variety of training techniques that address cardiovascular endurance, strength, flexibility, sport specific conditioning, balance & mobility.

One-on-One Session Rates

2-3 Hrs: Members \$60/hr, Community \$80/hr
4+ Hrs: Members \$50 per hr, Community \$70/hr

SMALL GROUP PERSONAL FITNESS TRAINING

Work toward goals with a group and the focused attention and direction of a personal trainer. Small group training will provide support & accountability as you work toward a common group goal.

2-4 Person Session Rates

Members \$35 per person, Community \$50 per person

QUESTIONS about personal training at the Bath or Landing Y?

Contact our Wellness Directors:
Bath Y: Karen Ela at karen@bathymca.org
Landing Y: Angie Shonts at angie@bathymca.org

SOCIAL RESPONSIBILITY ▶ Parties & Rentals ▶ Bath & Landing

BASKETBALL PARTY (Bath & Landing)

1 Hour Court Time + 1 Hour Party Room for 15
Fee: Half Court: \$125; Full Court: \$150

CLIMBING WALL PARTY (Bath)

1 Hour Climbing + 1 Hour Party Room for 15
Fee: \$215; \$20 for each additional child.
Instructor provided.

GYMNASTICS PARTY (Bath & Landing)

1 Hour Gymnastics + 1 Hour Party Room for 15
Fee: \$215; \$20 for each additional child.
Instructor provided.

POOL PARTY (Bath)

1 Hour Pool Time + 1 Hour Party Room for 15
Instructional/Therapy Pool: \$215
Half of Main Pool: \$215
Main Pool: \$340
Entire Pool Area (including Hot Tub): \$440

GYMNASIUM RENTAL (Bath & Landing)

Fee: \$75/Hour for Half Court
\$100/Hour for Full Court

POOL RENTAL (Bath)

Lane Rental: \$44/Hour per Lane
Instructional/Therapy Pool: \$175/Hour
Half of Main Pool: \$175/Hour
Main Pool: \$300/Hour
Entire Pool Area (including Hot Tub): \$400/Hour

LANDING Y RENTAL

Space is available for business meetings, training seminars, parties, tournaments, games, and special events. ***This facility does not have a pool.***

QUESTIONS? Contact Program Director Joe MacMahan at joe@bathymca.org.

POOL RENTAL/PARTY QUESTIONS?
Contact Aquatics Director Andrea Moskevitz at andrea@bathymca.org.

SERVICE & MISSION

We open our doors to people of all backgrounds, ages, and incomes, bringing our community together like no other place. Year after year, the Y continues to serve people from our surrounding communities. Due to the generous support of our donors and volunteer fundraisers, we are able to stay true to our mission of never turning anyone away because of inability to pay.

ANNUAL CAMPAIGN

You can be a part of something great! With your contribution to our financial assistance program, more children, teens, families, and seniors can enjoy our programs and services. Donations are welcome all year to support the Annual Campaign. You may make a donation in person, by mail, or at bathymca.org/giving.

ENDOWMENT/HERITAGE CLUB

The YMCA’s Endowment is an essential tool allowing donors to leave a legacy while supporting the long-term sustainability of the Y. Endowed gifts are professionally invested and the interest is used to provide annual income in perpetuity. Go to bathymca.org/giving to learn more.

VOLUNTEER OPPORTUNITIES

Volunteers are an important part of the Bath and Landing YMCA. They participate in every aspect of association work, from developing policy and programs to coaching teams, timing swim meets, assisting with child care, facilities maintenance, landscaping, and helping with special events and mailings. Volunteers are an important link to the community, giving feedback and improving services. Contact Jody Savage at jody@bathymca.org or call (207) 443-4112 x37 for more information.

SENIOR STAFF

- Sabrina Murphy, Chief Executive Officer
- Charlie Ault, Landing YMCA Branch Director
- Caroline Kurrus, Development Director
- Scott Amundsen, Facility Director
- Kerrie Benedict, Business & HR Director
- Lorrie Cardwell-Panfil, Youth & Family Director
- Annie Colaluca, Enrichment Director
- Karen Ela, Bath Wellness Director
- Daneem Kim, Marketing Director
- Joe MacMahan, AOA & Program Director
- Stacey Mathieu, Membership Supervisor
- Jay Morissette, LRSC Swim Coach
- Andrea Moskevitz, Aquatics Director
- Angie Shonts, Landing Wellness Director & Community Outreach
- Deb Young, Senior Program & Membership Director

BOARD OF DIRECTORS

- CR Davis, Chief Volunteer Officer
- Kay Kavanagh, Vice President
- Anthony Yuodsnukis, Secretary
- Kristine Logan, Treasurer
- Sabrina Murphy, Chief Executive Officer
- Amy Berube
- Kathryn Beveridge
- James Drake
- William Haggett
- Jeff Knuckles
- Jonathan Larssen
- Bunny McBride
- Scott Mills
- Peter Owen
- John Pavan
- Avanel Payne
- Jeff Peavey
- Irl Rosner
- Keri Seitz
- Laurel Walsh
- Leah Zartarian



SESSION DATES 2019-20

FALL: September 9–October 21
EARLY WINTER: October 28–December 14
WINTER: January 6–February 15
EARLY SPRING: March 1–April 11
SPRING: April 26–June 8

SAVE THE DATES

**LANDING YMCA SUNSET 5K
& 2K STROLL/WALK**
August 15, 2019

SENIOR TEA LUNCHEON
December 2019

FREEDOM TOUR FUNDRAISER EVENT
October 25, 2019

HEALTHY KIDS DAY
April 2020

PUMPKIN TRAIL RUN
October 26, 2019

GYMNASTICS GALA
June 2020

DR. LEONARDO BUCK GOLF CLASSIC
July 2020

HOLIDAY CLOSURES 2019-2020

LABOR DAY	Sunday & Monday Sept. 1 & 2	NEW YEAR'S EVE	Tuesday, December 31 (at Noon)
INDIGENOUS PEOPLES' DAY	Monday, October 14	NEW YEAR'S DAY	Wednesday, January 1
THANKSGIVING	Thursday, November 28	EASTER SUNDAY	Sunday, April 12
CHRISTMAS EVE	Tuesday, December 24 (at Noon)	MEMORIAL DAY	Sunday & Monday, May 24 & 25
CHRISTMAS DAY	Wednesday, December 25	INDEPENDENCE DAY	Saturday, July 4

STAY CONNECTED WITH US!



Bath Area Family YMCA: (207) 443-4112
Landing YMCA: (207) 844-2801



Want to receive **email alerts** when the building or pool area is closed, or other important information?



WEBSITE: bathymca.org



@bathymca



@BathAreaFamilyY



@bathareafamilyy

Sign up at the front desk or by going to **bathymca.org/emails**. Make sure we have your current email address on file so we can keep you up to date!